**STERLING RECREATION 7 on 7 FLAG FOOTBALL RULES**

1. Age divisions: 1-2nd grade, 3-4th grade, and 5th-6th grade.
2. Subs: If you do not have enough players you may get a sub from another team. Sub must be same grade or younger. Subs may only play on the line.
3. The Game: First team listed on schedule will determine first possession. The offensive team takes possession of the ball at their 5-yard line and has 4 plays to cross mid-field. Once a team crosses mid-field, they will have 4 plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team take over on their 5-yard line. If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team takes over on their 5-yard line. All possession changes start on the offenses’ 5-yard line except interceptions which will be played from the end result of the play.
4. Length of game: Games will consist of 2, 20 minute halves; A continuous clock will be used except for the time-outs, delay of game penalties, and in the case of an injury. Teams will switch sides after half time, with the other team received the ball to start the second half. Each time the ball is spotted, a team has 45 seconds to snap the ball. Each team will receive 1 warning per game, before a delay of game penalty is called. Each team will receive 2 60 second time outs per half. Officials can stop the clock on their own discretion. Half time is 5 minutes.
5. Number of Players: Teams consist of a maximum of 7 players on the field at any one time. If a team plays with less than 7 players, the opposing team can still play with 7 if they chose. Substitutions may be made at any time during dead ball play. Each player must play at least 10 minutes each half or be in a scheduled rotation.
6. Scoring: A touchdown is worth 6 points and all extra points are worth 2 points. During extra points, the offensive team will begin with the ball on the opponent’s 5-yard line. A safety is worth 2 points.
7. Running plays: The quarterback CANNOT run the ball (UNLESS RUSHED). Hand-offs, pitches, reverses, laterals and passes are allowed. The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is. The player who takes the handoff can throw the ball from behind the line of scrimmage. Offensive or defensive players cannot dive, and players cannot leave their feet to avoid an opposing player. If this happens, the play will be blown dead and the ball is marked at the spot of the infraction.
8. Receiving: All players are eligible to receive passes. Players must have at least 1 foot in-bounds when making a catch.
9. Passing: Passes may be received behind or beyond the line of scrimmage. Passes have to be made behind the line of scrimmage. The quarterback has a 10 second “pass clock”. If a pass is not thrown within 10 seconds the play is dead and there will be a loss of down. Interceptions may be returned and possession changes where the defenders flag is pulled. Shovel passes are allowed.
10. Dead balls: Play is ruled DEAD when: 1) the offensive player’s flag is pulled while in possession of the ball, 2) ball carrier steps of out bounds, 3) a touchdown or extra point is scored, 4) a ball carrier’s knee(s) hits the ground, 5) a ball carrier’s flag falls off, 6) when the center/quarterback transfer is fumbled. Fumbles are immediately ruled dead with the offensive team maintaining possession (except on 4th down) where the ball hits the ground.
11. Blocking/Rushing the QB: After the 7-second play clock expires, any number of defenders may legally cross the line of scrimmage to rush the quarterback. • Once the ball is handed off, the rush rule no longer is in effect and all defenders may go behind the line of scrimmage.
    1. • No Rushing Rule for 1st/2nd grade division. Players may only cross the line of scrimmage after the ball is handed off.
12. Unsportsmanlike conduct: This is a NON-CONTACT LEAGUE. Unsportsmanlike conduct will not be tolerated. If the referee witnesses any acts of flagrant tackling, elbowing, cheap shots, clipping, tripping, shoving or any unsportsmanlike penalty, the player will be assessed an unsportsmanlike conduct penalty of 15 yards and automatic first down from the spot of the foul (live ball) or line of scrimmage (dead ball). If the referee feels a warning can be made for the first offense, the penalty must be enforced on the 2nd offense (this will be at the discretion of the referee based on the intent shown by the player). Once the player has received an unsportsmanlike conduct penalty (not warning), the next offense that day will result in the player being removed from play and will be ineligible the remainder of that day.

Any manager, coach, or player who displays flagrant unsportsmanlike conduct can be ejected form a game and can be asked to leave the complex. If a manager, coach, or player is ejected from a game, that manager, coach, or player will be suspended from attending their next scheduled Saturday games played. If a manger, coach, or player is ejected from a game a second time, that manager, coach, or player will be suspended from participation and play for the remainder of the season. Any spectator who displays unsportsmanlike conduct can be asked to leave the complex. Note: Foul and/or profane language is considered unsportsmanlike conduct and is grounds for ejection. Trash talking, taunting and/or baiting the opponent is considered unsportsmanlike conduct and is grounds for ejection. Foul or rough play will not be tolerated. All suspended people should be reported to the league directors to ensure suspension is put in place at the next competition.

1. Equipment: Flag tag pop flags are required. Metal tip spikes are not allowed. Each team is responsible for providing their own jerseys and flags. Prior to each game, the teams must decide on game ball/balls to be used. If both teams want to use their own ball, they will be switched out at possession changes. Referees should check the flag of all players before the game starts to ensure proper installation. Ball sizes: 1st-2nd grade (pee wee), 3rd-4th grade (junior), 5th-6th grade (youth).
2. Penalties: All penalties will be called by the referee.

Defensive Penalties: In the case of a live ball penalty, the offense will always have the option of taking the result of the play or accepting the penalty with replaying the down.

* Illegal contact: (holding, illegal use of hands, tripping, etc) results in a 10-yard penalty from the spot of the foul or the original line of scrimmage, whichever is greater and replay the down.
* Illegal procedure: (less than 3 men on the line of scrimmage) 5-yard penalty from original line of scrimmage.
* Illegal flag pull: (before the player has the ball) results in a 10-yard penalty from the spot of the foul or the original line of scrimmage, whichever is great and replay the down.
* Illegal rush: (rushing before the ball is handed off or passed) results in a 10-yard penalty form the original line of scrimmage and replay the down.
* Encroachment/offside: results in a 5-yard penalty from the original line of scrimmage and replay the down.
* Pass interference: results in a 10-yard penalty from the original line of scrimmage and replay the down.
* Delay of Game: results in the clock stopping and a 5-yard penalty from the original line of scrimmage.
* Leave your feet/diving: to pull the flag will result in a 10-yard penalty from the spot of the foul or the original line of scrimmage, whichever is great and replay the down.

Offensive penalties: In the case of a live ball penalty, the defense will always have the option of taking the result of the play or accepting the penalty with replaying the down.

* Offside/false start: results in a 5-yard penalty from the original line of scrimmage.
* Illegal procedure: (Less than 4 men on the line of scrimmage) 5-yard penalty from the original line of scrimmage.
* Illegal Contact: (holding, illegal use of hand, tripping, etc.) results in a 10-yard penalty from the original line of scrimmage or the spot of the foul, whichever is greater and replay the down.
* Illegal forward pass: (pass beyond the line of scrimmage) results in a 5-yard penalty form the original line of scrimmage and loss of down.
* Pass interference: results in a 10-yard penalty form the original line of scrimmage and loss of down.
* Flag guarding: results in a 10-yard penalty form the spot of the foul and loss of down.
* Delay of game: the clock will stop and a 5-yard penalty from the original line of scrimmage and loss of down. Teams have 45 seconds to have the ball snapped after the preceding play is complete. If the offense is ready to start play and the defense is not, the offense has the right to hike the ball and start play with the defense receiving a delay of game penalty.